

de

# AUGUST

2018

## SAVANNAH ELEMENTARY SCHOOL

**GOOD  
EATS AT**

I'm  
**PROFESSOR GREEN**

### Breakfast Second Entrée:

Assortment of Cold Cereal  
and Breakfast Bar or Toast  
available daily

### SPECIAL ANNOUNCEMENTS

### Lunch Second Entrée Options:

8/15-8/17: Submarine  
Sandwich

8/20-8/24: Toasted Cheese  
Sandwich

8/27-8/31: Turkey and Cheese  
On a Croissant

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	Cinnamon Roll Chicken w/Dutch Waffle Green Beans Fresh Baby Carrots Seasonal Fresh Fruit 15	Mini Maple Pancakes Cheese/Pepperoni Pizza Steamed Corn Mixed Greens Salad Apple Slices 16	Breakfast on a Stick Cheeseburger Sliders Oven Baked Fries Celery Sticks Seasonal Fresh Fruit 17
Breakfast Pizza  Tangerine Chicken Asian Rice/Edamame Mixed Vegetables Chilled Pineapple 20	Mini Sausage Bites  Breaded Steak Fingers Texas Toast Mashed Potatoes/Gravy Sugar Snap Peas Strawberry Fruit Cup 21	French Toast Sticks  Mega Minis Cheesy Garlic Breadstick Sweet Potato Fries Steamed Broccoli Seasonal Fresh Fruit 22	Sweet Crème Pretzel Bites  Hamburger/Cheeseburger Steamed Corn Mixed Greens Salad Apple Slices 23	Cinnamon Crumb Cake  Pancakes w/Sausage Hashbrown Rounds Fresh Baby Carrots Seasonal Fresh Fruit 24
Mini Cinnamon Rolls  BBQ Pork on a Bun Potato Smiles Frozen Cherry Smooth Sidekick Mandarin Oranges 27	Yogurt w/Muffin  Cheese/Pepperoni Pizza Steamed Corn California Blend Veggies Strawberry Fruit Cup 28	Mini Maple Waffles  Stuffed Mozzarella Sticks Marinara Dipping Cup Fresh Baby Carrots Italian Blend Vegetables Seasonal Fresh Fruit 29	Breakfast Pizza  Frito Chili Pie Mixed Greens Salad Ranch Style Beans Salsa Cup Apple Slices 30	Biscuit w/Sausage/Cheese  Chicken Drumstick WG Dinner Roll Mashed Potatoes/Gravy Green Beans Seasonal Fresh Fruit 31



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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## NEWS ALERT!

Twelve super tasty heroes have been discovered living in Healthyville, Texas. Each month we will learn about the super powers each one has grown to have. Having taken root in the town's gardens, kitchens, farmers markets and groceries, these mild-mannered vegetables use dirt, water, & sunlight to transform into powerful fighters for nutrition, strength and power. Kapow!!!

### PROFESSOR GREEN Cabbage



Professor Green was just a little sprout wilting in the sun in a Healthyville garden. A full solar eclipse passed overhead giving him the shade he needed that day and a special sun particle landed on his head. That particle gave the tiny cabbage a brain and he became Professor Green. The professor used his knowledge to teach all the cabbages how to use the vitamin K they have in abundance to assist blood cells in healing when human skin gets a cut. Professor Green also taught the cabbages how to grow a head from just the leaves left behind when a head is harvested.

### FUN FACTS

Cabbage is a cole crop. It grows in cool seasons like broccoli, cauliflower and Brussels sprouts. Cabbage is one of the easiest crops to grow. It does the best in full sunlight and sandy soils. There are several different varieties such as Golden Acre, Market Prize and Green Boy.



**POW!**  
**ARCH ENEMY**  
Slaw Burglar

### EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.



Sources: Texas A&M and AgriLife Extension

### JOKE OF THE MONTH

Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!

### MATCHING

I have several members on my cabbage team—Professor White, Professor Green and Professor Purple. You can see we are named for the color of our leaves. Can you help each of my team members find their correct color? Draw a line across to match the name to the picture.



**PROFESSOR GREEN'S FAVORITE ACTIVITIES**  
Studying and helping kids eat healthy

**PROFESSOR GREEN**

**PROFESSOR PURPLE**

**PROFESSOR WHITE**